



Ultimate Booty Workouts: Exercises to Build, Lift and Sculpt an Amazing Butt (Paperback)

By Tamara Grand

Ulysses Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. BUILD A SEXY BACKSIDE Rock skinny jeans. Sizzle in a fitted skirt. Work that bikini bottom. The targeted programs in this book will have your booty toned and perky in no time. Plus, your new sculpted, stacked rear end will be more than just nice to look at--its strong glutes and hamstrings will help: * accelerate fat loss * improve posture * decrease back, hip knee pain * tighten and flatten abs Packed with easy-to-follow exercises and step-by-step pictures, as well as nutritional recommendations and tips for beginners, Ultimate Booty Workouts will make it a snap to build muscle, confidence and a killer hourglass figure.



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